

Hypnosis

A portrait of Franz Anton Mesmer, a man with light brown hair, wearing a dark coat and a white cravat. The text "Franz Anton Mesmer" is overlaid in white on the lower half of the image.

# Franz Anton Mesmer

trust

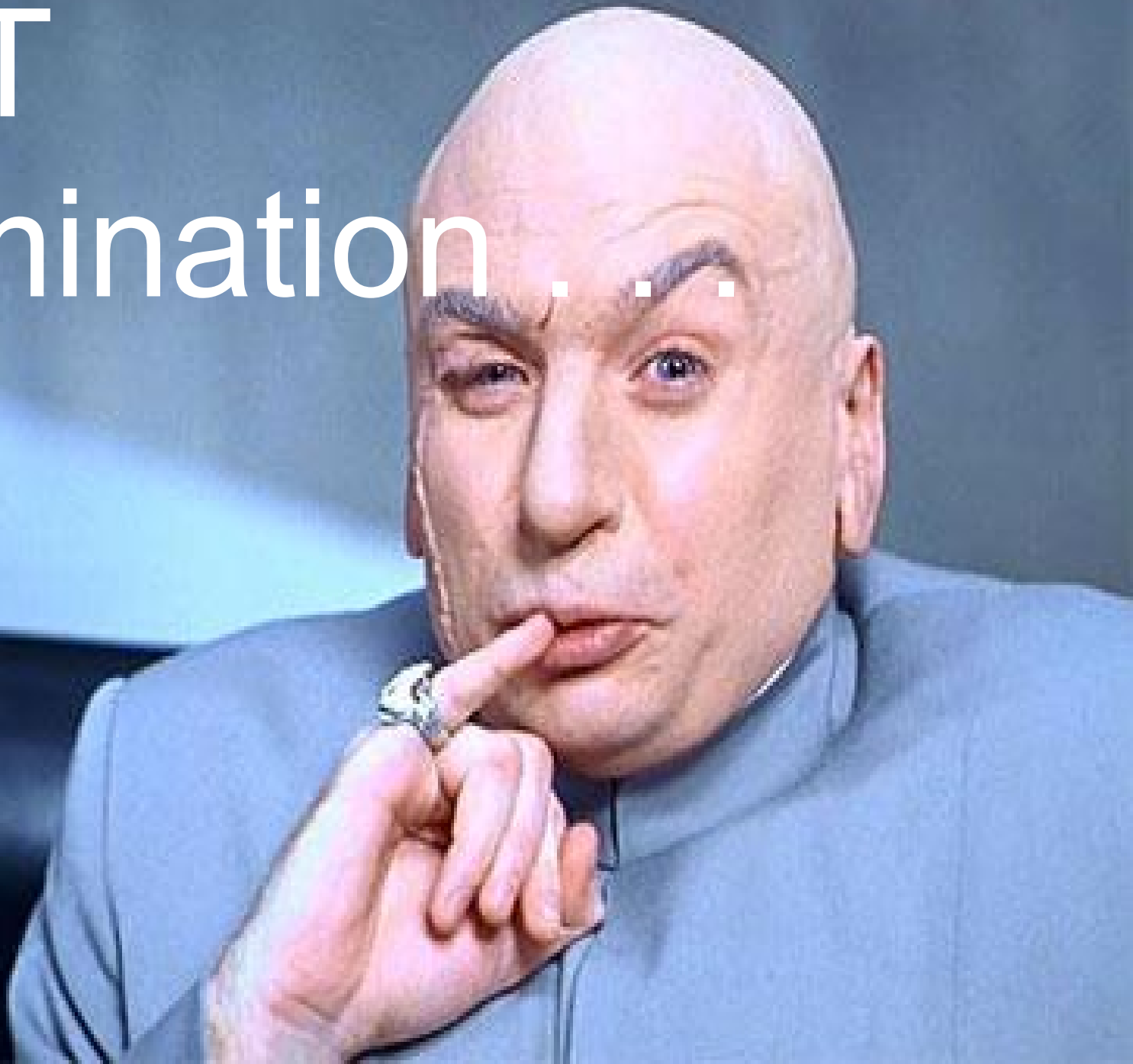


Imagination. . .



Cooperation

NOT  
Domination . . .



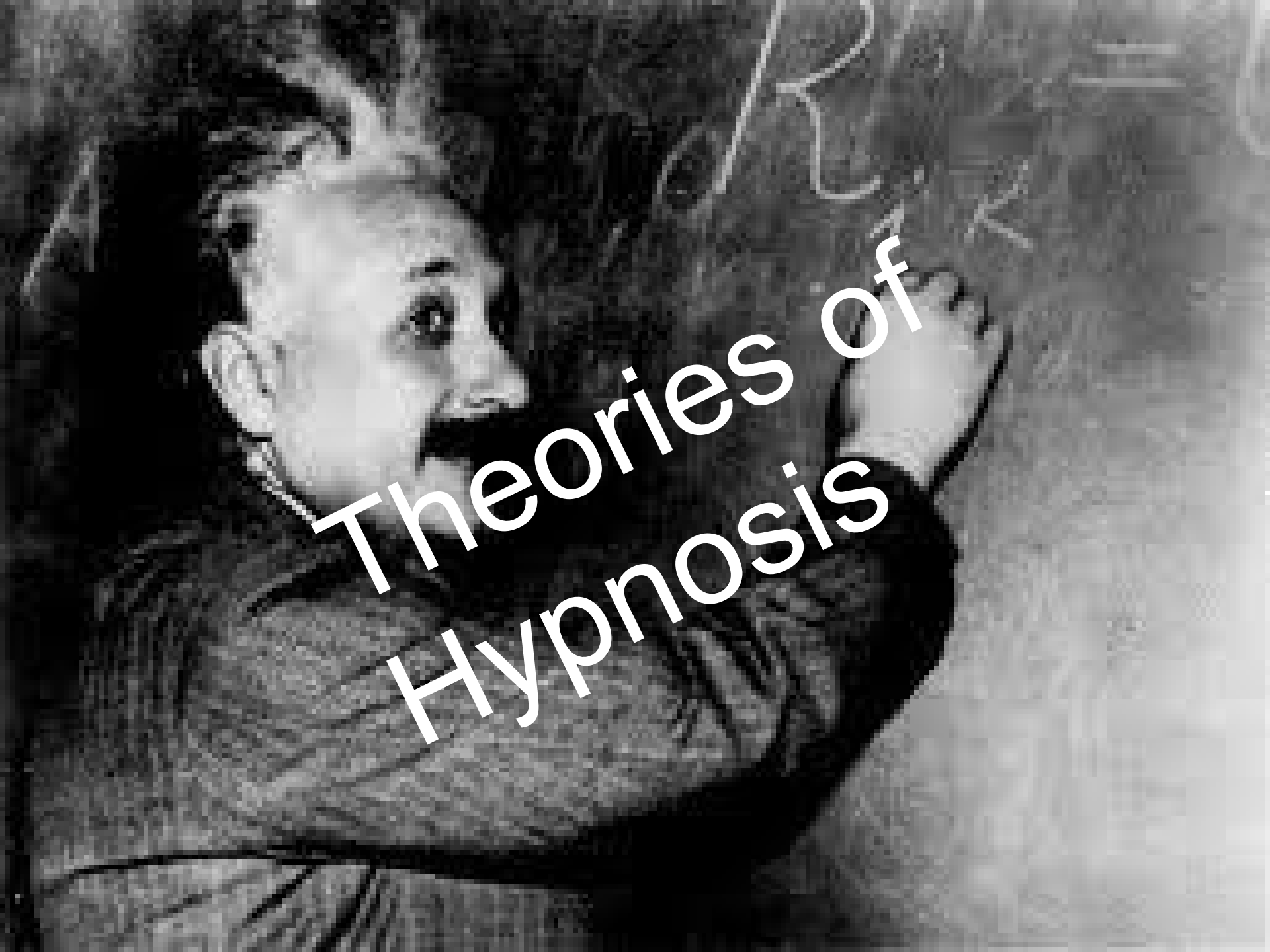












# Theories of Hypnosis

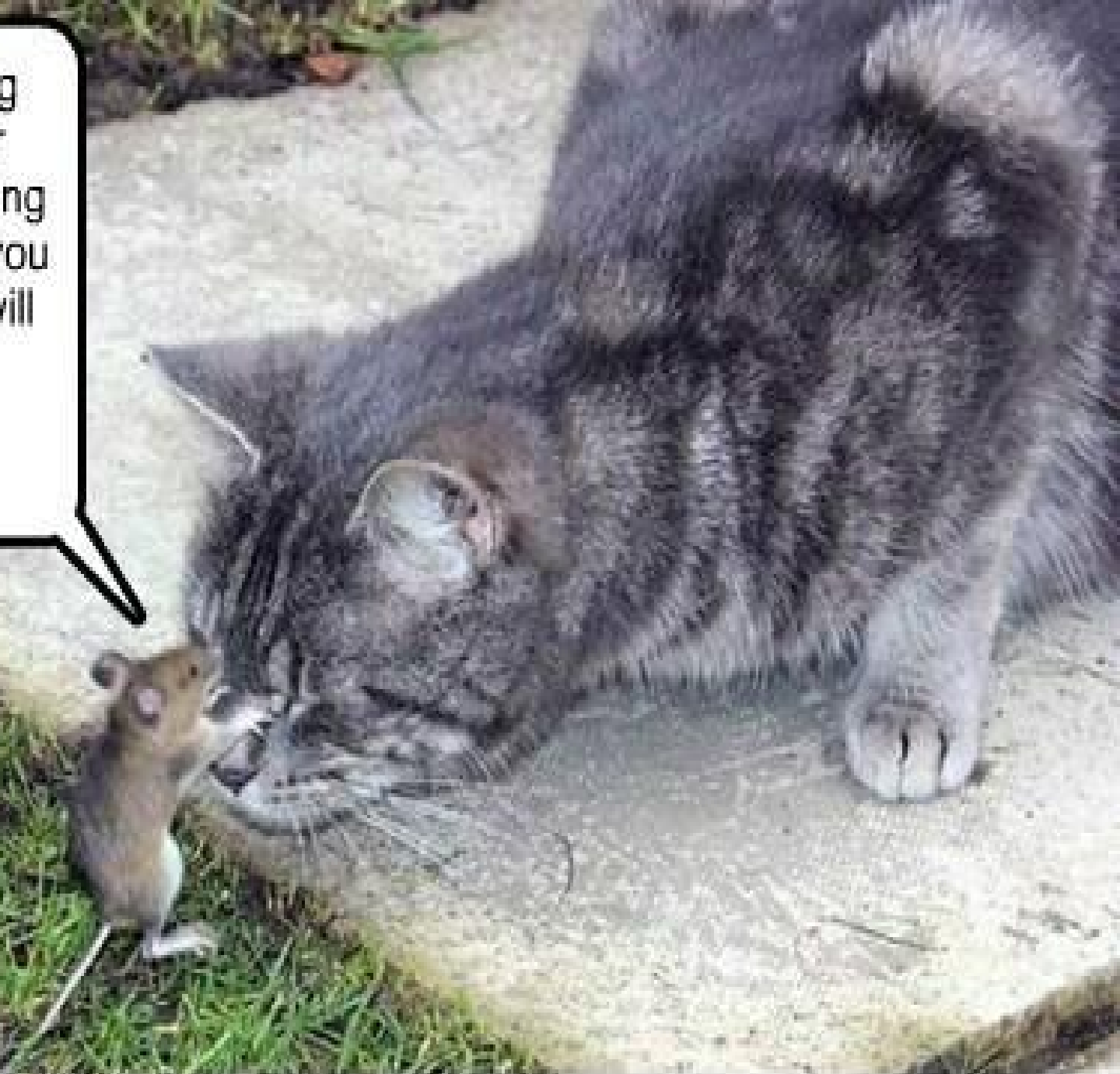








You are getting  
sleepy... Your  
eyelids are getting  
heavy... When you  
wake up, you will  
find mice  
absolutely  
inedible...







**NOT FOR EVERYONE,**



# Biofeedback

















**crown of head**  
formless supreme light

All



**between the eyebrows**  
intellect

All



**throat**  
spiritual drive

Ether



**right of the physical heart**  
love-compassion drive  
Respiration

Air



**navel**  
seat of the will power  
power drive  
digestion

Fire



**above/behind genitals**  
sensual drive  
reproduction

Water



**just above anus**  
material drive  
elimination

Earth  
elements

## Seventh/Crown



Crown Chakra - located at the top of the head. Its function is understanding. Its inner state is: bliss. Its color is Violet and its planet is Uranus. Its stone is Amethyst. Its meditation is: I understand. Balancing this chakra is said to give vitality to the cerebrum and affects the development of psychic abilities. Energies: Air, Meditative, Intuition, Promotes thought.

## Sixth/Third Eye



Third Eye Chakra - located in the center of the forehead above the eyebrows. Its function is seeing, intuiting. Its inner state is: I know. Its color is indigo and its planet is Jupiter. Its stone is: Iolite. Its meditation is: I see. Balancing this chakra helps psychic perception and balances the pineal gland. Energies: Air, Meditative, Intuition, Promotes thought.

## Fifth/Throat



Throat Chakra - located in the throat. Its function is communication, creativity. Its inner state is synthesis of ideas into symbols. Its color is bright blue and its planets are Mercury and Neptune. Its stones are: Sodalite, Blue Lace Agate, Lapis Lazuli. Meditation on: I speak. Balancing this chakra is important for the speech and communication areas of the brain. Energies: Water, Calming, Soothes, Relaxes.

## Fourth/Heart



Heart Chakra - located in the center of the chest. Its function is: love, its inner state is compassion, love, its color is green, and its planet is Venus. Its stones are: Green/Pink Stones - Peridot, Rose Quartz, Malachite. Meditation on: I love. Balancing this chakra is important for the circulatory system, heart and thymus. It also affects spiritual love, compassion and universal oneness. Energies: Water, Calming, Soothes, Relaxes.

## Third/Solar Plexus



Solar Plexus Chakra - located in the area above the navel area. Its function is Will, power, its inner state is laughter, joy, anger, its color is yellow, and its planets are Mars and the Sun. Its stones are: Amber, Topaz and Citrine. Meditation on: I do. Balancing this chakra is associated with calming emotions and frustration, easing tension and helping to better utilize intuition. Energies: Fire, Energizing, Charging, Lends Energy.

## Second/Sacral



Navel/Sacral Chakra - located in the lower abdomen, genitals, womb, its function is desire, sexuality, pleasure, procreation. Its inner state is tears, its color is orange and its celestial body is the Moon. Its stones are: Coral and Carnelian. Meditation on: I feel. Balancing this chakra is associated with sexual vitality, physical power and fertility. Energies: Fire, Energizing, Charging.

## First/Root Chakra



Root/support chakra - located at the base of the spine. Its function is survival and grounding, its inner state is stillness and stability, its color is red and its planets are Earth and Saturn. Its stones are: Garnet, Ruby, Onyx, Obsidian. Meditation on: I am. Balancing this chakra gives energy to the physical body, controls fear, increases overall health and helps in grounding. Energies: Earth, Grounding, Focusing, Centering.

The word chakra is Sanskrit for wheel or disk and signifies one of seven basic energy centers in the body. Each of these centers correlates to major nerve ganglia branching forth from the spinal column.

Created by: Isolda Trakhtenberg















Source: *Wheels of Life* by Anodea Judith



Each CHAKRA is associated with special aspects of human awareness. Blocks on the *Mental-Spiritual-Emotional-Physical* levels can cause problems.

# Chakra Centers

Cleanse Chakras by using the healing properties on any of the energy planes, senses and subjects to bring balance.

Number	CHAKRA Sanskrit Name Symbol Color - Location	Prime Function Main Issue	Divine Principle Goal	Physical Property Sense	Anatomical Connections Gland	Emotional Connections Sign	Planet	Element	Aromatherapy	Metal	Sound	Food	Angel	Fragrance	Incense	Gemstones
7	 <b>Crown</b> <i>Sahasrara</i> <b>VIOLET</b> TOP OF HEAD	ENLIGHTENMENT & TRANSCENDENCE <i>SPIRITUAL Understanding, Cosmic Consciousness</i>	DIVINITY and HIGHER VALUES <i>WISDOM, Inspiration, Higher Reason and Awareness</i>	METABOLISM, RNA-DNA, Spiritual Connections. <i>Thinking</i>	CROWN: CENTRAL NERVOUS SYSTEM, Head, Cerebral Cortex, Upper Spine, Hair. <i>Pineal</i>	SPIRITUAL LOVE and COMPASSION: Peace, Harmony, Loving, Thoughtful, Focused; CONSCIOUSNESS, COSMIC LOVE. 	Uranus	Thought	Jasmine	Gold	Ng	Fasting	Shiva	Lotus	Peony	Tourmaline Clear Quartz
6	 <b>Third Eye</b> <i>Ajna</i> <b>INDIGO</b> THIRD EYE	INTUITION and UNDERSTANDING <i>CLAIRVOYANCE &amp; Seeing Beyond the Five body senses, The Psychic sense</i>	SIXTH SENSE and CLAIRVOYANCE <i>IMAGINATION, Knowing and Seeing Intuitively</i>	ENDOCRINE and NERVOUS SYSTEM, Awareness, Meditation. <i>Intuition</i>	BROW: AUTONOMIC NERVOUS SYSTEM, Hypothalamus, Eyes. <i>Pituitary</i>	PSYCHIC Awareness and INTUITION: Big Picture, Service, Imagination, Focuses on the Good; CLAIRVOYANCE. 	Jupiter	Light	Lavender	Silver	Mm	Pure Air	Shiva	Star Anise	Galangal	Lapis Amethyst
5	 <b>Throat</b> <i>Vishuddha</i> <b>BLUE</b> NECK - THROAT	COMMUNICATION and HEALING <i>CREATIVITY, Seeing the whole individual, Seeing the One Will</i>	SPEECH and EXPRESSION <i>SPEECH, Articulation and Creative Communication</i>	PARATHYROID, Balance of YIN and YANG, and the Male-Female. <i>Hear</i>	THROAT and NECK: Parathyroid, Ears, Sinus, Respiratory System. <i>Thyroid</i>	FEELINGS and OPENNESS: Ideas, Healing Nature, Life Force, Creativity; COMMUNICATION. 	Mercury	Ether	Eucalyptus	Mercury	Ee	Fruit	Shiva	Frankincense	Sandalwood	Turquoise Azurite
4	 <b>Heart</b> <i>Anahata</i> <b>GREEN</b> HEART	BALANCE, LOVE and CONNECTION <i>LOVE and Compassion, EGO, Hope, Positive Attitude</i>	WARMTH, ESTEEM and FORGIVENESS <i>MOTION, Sharing and Relating, Respecting Self and others</i>	CENTER of LOVE for Self, others, God, Emotional Balance. <i>Touch</i>	HEART: LUNG, Lymph and Immune System, Allergy, Blood Pressure, Circulation. <i>Thymus</i>	SHARING and TRUST: Flexibility, Growth, New Ideas, Coping Skills, Balance; LOVE. 	Venus	Air	Heliotrope	Copper	A	Vegetable	Shiva	Chamomile	Rose	Green Tour Kunzite
3	 <b>Navel</b> <i>Manipura</i> <b>YELLOW</b> SOLAR PLEXUS	ENERGY and VITALITY <i>WILL POWER, Desire and Power, Personal Authority</i>	INNER STRENGTH SELF CONTROL <i>PURPOSE, Metabolism and Motion, Energize Emotions</i>	VITAL ENERGY, The Body's Battery, Gut Instinct, Low Intuition. <i>Sight</i>	SOLAR PLEXUS: DIGESTIVE SYSTEM, Stomach, Liver, Gall Bladder, Bile, Small Intestine. <i>Pancreas</i>	SELF CONTROL: Efficiency, Purpose, Strive for Perfection, Details, Mental and WILL POWER; ANGER. 	Mars	Fire	Ginger	Iron	Ah	Grain	Shiva	Blueberry	Cedar	Amber Citrine
2	 <b>Sacral</b> <i>Svadhishthana</i> <b>ORANGE</b> BELOW NAVEL	RELATIONSHIPS and EMOTIONS <i>SEXUALITY and Intimacy, Expressing Needs: Emotional, Sexual</i>	SENSITIVITY and SENSUALITY <i>SENSUAL DESIRE, Reproduction, Responding, Giving-Receiving</i>	COLDS, Life Force, Aliveness, Energy, Sex, Creativity. <i>Taste</i>	SACRAL: ABDOMEN, Spleen, Urinary Tract and Kidneys, Ovaries, Uterus, Blood Sugar. <i>Gonads</i>	INTIMACY and LETTING GO: Taste, Emotional Needs; Emotional Cleansing, Warmth; DESIRE. 	Moon	Water	Dragons Bld	Tin	Oo	Liquid	Shiva	Rose	Saffron	Coral Carnelian
1	 <b>Root</b> <i>Muladhara</i> <b>RED</b> BASE OF SPINE	GROUNDING and SECURITY <i>SURVIVAL, Primal Energy, Taking care of self and others</i>	SIMPLICITY and BASICS <i>STABILITY, Self Preservation, Awakening Primal Instincts</i>	ANXIETY, Dyslexia, Grounding in Physical Plane. <i>Smell</i>	REPRODUCTIVE SYSTEM, SEX: Testes, Vagina, Pelvis, Legs, Feet and Tailbone. <i>Adrenals</i>	PHYSICAL NEEDS: Base Needs of Safety and Security, Being Grounded, Behaviors; SEXUALITY, FEAR. 	Saturn	Earth	Cinnamon	Lead	O	Protein	Shiva	Cedar	Myrrh	Hematite Bloodstone



